## 2003 California Children's Healthy Eating and Exercise Practices Survey

## Table 60: Frequency and Amount of Time Spent in School Physical Education Classes by California Children (Diary Sample)

Not including recess or lunch, during the current school year, do you have any PE (Physical Education) or gym classes that are taught by a teacher, coach, athletic instructor or some other type of adult teacher?

About how often did you have to attend a gym or physical education class?

Thinking of a typical gym or PE (Physical Education) class, for about how many minutes does this class last when you have it?

Total         2.1         37           Gender         Males         2.0         35         **           Females         2.2         39         **           Ethnicity         White         2.5b         39ab         **           African American         1.8a         34a         34a         41b           Latino         1.8a         34a         34a         41b           Income         2.3b         1.7a         **         28a         ***           \$20,000 - \$49,999         2.0a         37b         37b         37b         28a         ***           \$20,000 - \$49,999         2.0a         39b         ***         37b         28a         ***           \$50,000         2.2a         **         32         ***           \$20,000 - \$49,999         2.0a         39b         ***           \$20,000 - \$49,999         2.0a         39b         ***           \$20,000 - \$49,999         2.2a         **         32         ***           \$20,000 - \$49,999         2.2a         **         32         ***           \$40 Status         \$2.1         \$39         ***           \$2.1         \$39         *** <th></th> <th>PE Classes Per Week, Mean</th> <th>Time Spent in PE Class, Mean Minutes</th>		PE Classes Per Week, Mean	Time Spent in PE Class, Mean Minutes
Males     2.0       Females     2.2       Ethnicity     39       White     2.1ab       African American     2.5b       Latino     1.8a       Asian/Other     2.3b       Income     41b       ≤\$19,999     2.0a       \$20,000 - \$49,999     2.0a       ≥\$50,000     2.2a       Federal Poverty Level     39b       ≤ 185%     2.2       > 185%     2.2       No     2.1       Overweight Status     39       Not at Risk     2.1       At Risk/Overweight     2.0       Physical Activity     260 minutes       <60 minutes     2.0       <60 minutes     2.0       School Breakfast     2.0       Yes     2.0       No     2.1       School Lunch     37       Yes     2.0       No     2.1       Survition Lesson     37       Yes     37       No     2.1       Survition Lesson     37       Yes     36       No     2.2       No     37       Serectise Lesson     37	Total	2.1	37
Females Females Females Ethnicity White African American Latino Asian/Other Income  ≤\$19,999 \$20,000 - \$49,999 ≥\$50,000 Federal Poverty Level ≤ 185% > 185% Food Stamps Yes No 2.1  Overweight Status Not at Risk At Risk/Overweight Physical Activity ≥60 minutes <60 minutes <60 minutes <60 minutes  7es No 2.1  School Lunch Yes No 2.1  School Lunch Yes No 2.1  No 2.1  School Lunch Yes No 2.1  No 2.1  School Lunch Yes No 2.1  School Lunch Yes No 2.1  No 2.1  No 36  Exercise Lesson Yes 2.2  ** 37  36  Exercise Lesson Yes 2.2  ** 37	Gender		
Ethnicity  White  African American  Latino  Asian/Other  Income  ≤\$19,999  \$20,000 - \$49,999  ≥\$50,000  Federal Poverty Level  ≤ 185%  Food Stamps  Yes  No  Overweight Status  Not at Risk  At Risk/Overweight  Physical Activity  ≥60 minutes  <60 minutes  <60 minutes  School Breakfast  Yes  No  2.1  School Lunch  Yes  No  2.1  School Lunch  Yes  No  2.1  No  2.1  37  37  38  ***  39  ***  39  ***  32  ***  32  ***  33  ***  32  ***  37  37  37  37  37  37  37  36  52  School Lunch  Yes  No  2.1  No  2.1  37  37  36  School Lunch  Yes  No  2.1  No  2.1  37  36  School Lunch  Yes  No  2.1  No  2.1  37  36  School Lunch  Yes  No  2.1  No  2.1  37  36  Exercise Lesson  Yes  2.2  **  37	Males		35 **
White     2.1ab     **     37ab     **       African American     1.8a     34a     34a       Latino     1.8a     2.3b     41b       Asian/Other     1.7a     *     28a     ***       Income     2.0a     37b     37b     37b       \$20,000 - \$49,999     2.0a     37b     37b     39b       \$550,000     2.2a     39b     ***       Federal Poverty Level     2.1a     32     ***       ≤ 185%     2.2     **     39     ***       > 185%     2.2     **     39     ***       Food Stamps     2.1     37     **       Yes     2.1     37     37       No 2.1     37     36       Physical Activity     2.0     36       Yes     2.0     37       School Breakfast     2.0     37       Yes     2.0     34       No     2.1     39       No     35     39	Females	2.2	39
African American Latino Asian/Other Income  ≤\$19,999 \$20,000 - \$49,999 ≥\$50,000 Federal Poverty Level ≤ 185% > 185% > 185%  Food Stamps Yes No Overweight Status Not at Risk At Risk/Overweight Physical Activity ≥60 minutes <60 minutes	<del>-</del>	<u> </u>	
Latino       1.8a       34a       41b         Income       2.3b       41b       41b         ≤\$19,999       1.7a       *       28a       ****         \$20,000 - \$49,999       2.0a       37b       39b       ***         Federal Poverty Level       1.8       **       32       ***         ≤ 185%       2.2       39       ***         > 185%       2.2       39       ***         Food Stamps       2.1       28       **         No       2.1       37       ***         Overweight Status       2.1       37       **         No at Risk       2.1       37       37         At Risk/Overweight       2.0       36       36         Physical Activity       2.0       37       36         <60 minutes	White		
Asian/Other	African American	2.5 <sup>b</sup>	
Income	Latino	1.8 <sup>a</sup>	34 <sup>a</sup>
\$\leqsigma\$ \begin{array}{c c c c c c c c c c c c c c c c c c c	Asian/Other	2.3 <sup>b</sup>	41 <sup>b</sup>
\$20,000 - \$49,999 \$\geqsub \frac{\$\color{1}{2}}{\subseteq} \subseteq \frac{\$\color{1}{2}}{\subseteq} \frac{\color{1}{2}}{\subseteq} \frac{\color{1}{2}}{\subse	Income		
≥\$50,000  Federal Poverty Level  ≤ 185% > 185% > 185%  Food Stamps  Yes No  Overweight Status Not at Risk At Risk/Overweight Physical Activity ≥60 minutes <60 minutes <60 minutes Yes No  School Breakfast Yes No  School Lunch Yes No  No  No  School Lunch Yes No  No  Exercise Lesson Yes  2.2  39  ***  32  ***  32  ***  32  ***  32  ***  33  ***  32  ***  34  37  37  37  37  37  36  37  37  36  37  37	<u>&lt;</u> \$19,999	1.7 <sup>a</sup> *	28 <sup>a</sup> ***
≥\$50,000 Federal Poverty Level ≤ 185% > 185% > 185% Food Stamps Yes No Overweight Status Not at Risk At Risk/Overweight Physical Activity ≥60 minutes < 60 minutes		2.0 <sup>a</sup>	37 <sup>b</sup>
Federal Poverty Level			39 <sup>b</sup>
≤ 185%       1.8       32       ***         > 185%       2.2       39       ***         Food Stamps       2.1       39       ***         Yes       2.1       37       ***         No       2.1       37       ***         Overweight Status       2.1       37       ***         No at Risk       2.1       36       ***         Physical Activity       2.0       36       ***         Physical Activity       2.0       37       ***         School Breakfast       2.0       37       **         Yes       2.0       34       **         No       2.1       37       **         School Lunch       2.0       35       *         Yes       2.0       39       **         No       2.1       37       **         No       2.1       37       **         No       2.2       *       37         No       2.2       *       37         No       2.1       37       36         Exercise Lesson       2.2       **       37			<u> </u>
Food Stamps Yes No  Overweight Status Not at Risk At Risk/Overweight ≥60 minutes <		1.8 **	32 ***
Food Stamps       Yes       2.1       28       **         No       2.1       37       **         Overweight Status       37       37       **         Not at Risk       2.1       36       36         Physical Activity       ≥60 minutes       2.1       36       36         <60 minutes			
Yes       2.1       28       37         Overweight Status       37       37       37         Not at Risk       2.1       36       36         Physical Activity       ≥60 minutes       2.1       36       36         <60 minutes	Food Stamps		
Overweight Status       Not at Risk       2.1       37         At Risk/Overweight       2.0       36         Physical Activity       ≥60 minutes       2.1       36         <60 minutes	=	2.1	28 **
Not at Risk       2.1       37         At Risk/Overweight       2.0       36         Physical Activity       ≥60 minutes       2.1       36         <60 minutes	No	2.1	37
At Risk/Overweight       2.0       36         Physical Activity       ≥60 minutes       2.1       36         <60 minutes	Overweight Status		
Physical Activity       ≥60 minutes       2.1       36         <60 minutes	Not at Risk	2.1	37
≥60 minutes <		2.0	36
<60 minutes			
School Breakfast     2.0     34       No     2.1     37       School Lunch     2.0     35       Yes     2.1     39       Nutrition Lesson     2.2     *       Yes     2.2     *       No     1.9     36       Exercise Lesson       Yes     2.2     **       37     36       Exercise Lesson     37       Yes     2.2     **			
Yes     2.0     34       No     2.1     37       School Lunch     2.0     35       Yes     2.1     39       Nutrition Lesson     2.2     *       Yes     2.2     *       No     36       Exercise Lesson     2.2     **       Yes     2.2     **		2.0	37
No     2.1     37       School Lunch     2.0     35     *       Yes     2.1     39     *       Nutrition Lesson     2.2     *     37       Yes     2.2     *     37       No     1.9     36       Exercise Lesson     2.2     **     37       Yes     2.2     **     37			
School Lunch       Yes     2.0       No     2.1       Nutrition Lesson     39       Yes     2.2       No     1.9       Exercise Lesson     37       Yes     2.2       **     36       Exercise Lesson     37       Yes     37			
Yes     2.0       No     2.1       Nutrition Lesson     39       Yes     2.2       No     1.9       Exercise Lesson     37       Yes     2.2       **     36       Exercise Lesson     37       Yes     37		2.1	37
No     2.1     39       Nutrition Lesson     2.2     *     37       Yes     1.9     36       Exercise Lesson     *     37       Yes     2.2     **     37			05
Nutrition Lesson         2.2         *         37           No         1.9         36           Exercise Lesson         *         37           Yes         2.2         **         37			
Yes		2.1	39
No		*	27
Exercise Lesson Yes 2.2 ** 37			_
Yes 2.2 ** 37		1.9	30
		2.2	27
No     1.7     25	No	1.7	35
1.7	NO	1.7	35

Excludes those reporting "not sure" if had PE; "don't know" how often had PE; and "don't know" how many minutes of PE.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

California Department of Health Services: September 2005

<sup>\*</sup> p<.05

<sup>\*\*</sup> p<.01

<sup>\*\*\*</sup> p<.001